



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

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December 2020

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Sandbagging By Phil Burtis

You may find it hard to believe, but we've responded to two sandbag requests already this season!

For those who may not be familiar, your HB CERT is tasked with providing sandbags to people in the City who cannot do it themselves such as seniors or those with physical challenges that have no other support.

We even have a few "regulars" that, due to previous situations where water actually infiltrated their home or garage, tend to call us early each rainy season.

We are always looking for people who could be available to help. There are three main tasks: filling sandbags, delivering them, and installing them. In an ideal world, a team of three people works well. Hopefully the driver has a truck that can handle weight and dirt! Then another person to help fill and install, and a third person who is willing to handle the phone, paperwork and interact with the client is often very useful.

Sandbag stations are located at the HB city yard, Warner fire station, and the Magnolia fire station. Given a choice, we usually fill at the HB city yard as it has a better filling station, but sometimes being closer to the installation point works well.

It does take some amount of physical effort. A filled bag will weigh maybe 30 or 40 pounds and more if it happens to be wet because it's raining. It usually takes about an hour to do one location, but less if there are several locations near each other.

It is actually relatively fun and rewarding! Once you get to know the regulars it tends to be even more fun and quicker too!

If you'd like to try joining the sandbag team, let Carol know via email and we can take you out for a trial run with an experienced crew!

There is no rain in the near future, but hey, this is 2020! Let's be prepared.

Holiday Safety By Ada Hand

DID YOU KNOW?

Nearly half of holiday decoration fires happen because decorations are too close to a heat source.

- Inspect holiday lights each year before putting them up. Throw away light strands with frayed or pinched wires.
- Water your Christmas tree every day. A dry tree is dangerous because it can catch fire more easily.
- Consider using battery-operated flameless candles, which can look, smell and feel like real candles.
- If you do use lit candles, make sure they are in stable holders and place them where they cannot be knocked down easily. Place away from drapes.



Go to <https://www.ready.gov/calendar> for more tips on holidays plus ideas for home safety throughout the year.

Hybrid Online CERT Experience By Phil Burtis

The California version of the hybrid Online CERT Program is not yet released, but I decided to take the existing version from the University of Utah. The following are some thoughts and comments about that experience I thought might be nice to share.

The program follows the CERT manual very closely. Units 1 through 8 are informational and are followed by Unit 9 - Final Exam. Some units are broken into two separate learning modules so in all there are 14 individual modules that take something like 45 minutes to an hour each. In many respects the pace is up to you.

The completion of this online portion does NOT make you an actual CERT volunteer. For that, you have to complete the hands-on portion, somewhat similar to what we usually do
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on the Sunday part of our weekend classes. However, the hybrid hands-on is a 16 hour two-day event that combines some instruction as well as a complete skill demonstration. That's why it's called 'hybrid'; instead of listening to a speaker go through PowerPoints, you listen to a computer voice do it, but you still have to demonstrate you can properly perform the tasks to an actual certified instructor.

Each module goes through the content from the manual and often there are videos inserted where you can see people either discussing a concept or actually doing it. The Damage Assessment unit has a really neat virtual scenario. You get to "walk" around through a neighborhood after an earthquake and identify hazards. Every so often a little quiz pops up to see if you understand what was presented in the last few slides. If you get any of them wrong, you have to correct it before going forward. But not to worry - there is a button that takes you to the place in the manual that lets you determine the correct answer. I actually had to do that a few times because, even though I should know this stuff, the wording was just enough different than what I had in my head so it didn't line up. And, to be fair, I actually submitted five different changes to them where a slide and/or quiz had a typo giving false information or incorrect answers. They have told me they fixed all that, so at least that's out of the way.

Because I am familiar with all this, it is hard for me to say how an untrained individual with no prior knowledge would react. As a refresher for someone who has already gone through traditional training, it could be a good resource. Many of the videos they incorporate give different insights into the information and are very interesting.

One plus of this approach is that you can take the units in any order, and, as a refresher, you don't even have to complete the whole set. You could just go take Unit 6 on fire safety as example. In our traditional three-day approach, if someone missed the Friday night, they could go online and do units 1 and 2 and then only need a brief update on HB specific hazards.

Please note that we have not yet determined if the hybrid approach is a viable option for HB CERT, nor exactly how we would incorporate it if we did.

As soon as the link to the California version is released, Carol plans to send out an email and you can take a look at it. One possible usage is as a refresher for the last spring class, whose training was cut short due to Covid - 19 shutdown, before they come in for the final "Sunday" training and graduation. We will probably ask you to take a look at it and perhaps send it to a friend that knows nothing about CERT!

2020: "Confidence is the Key"

By John Bishop

After being the "first on scene" for a two-car collision right in front of me at the Garfield and Edwards intersection, Carol asked me to write an article for this newsletter. I said ok, but debated the value of simply recapping the experience. So what did this experience teach, prove, disprove or improve?

Here are a few facts. Car A runs a red light and is solidly struck (T-boned) by Car B on the passenger side. Both vehicles were totaled. Car A pulls out of the intersection and Car B remains mid-intersection. Immediate steps taken based on CERT training:

1. **911 Call** – I immediately ask my wife to call 911 with specifics so I can go help: "Two car collision - Intersection of Garfield and Edwards - Both cars totaled - Likely injuries." CERT training – Instruct someone you trust to call 911 and provide specifics so the correct help arrives.
2. **Environmental Scan** – Car B in the intersection had four passengers. Three exited vehicle and they were trying to remove the fourth. There were no visible dangers such as gas leaks, smoke or downed wires. Three passengers were exiting Car A. CERT training – Make sure the scene is safe for yourself and others before entering.
3. **Introduce Yourself** – Car B passenger 4 presented the most obvious immediate need. I introduced myself to the person trying to remove her as "My name is John and I'm from the HB Emergency Response Team, would you like my help?" He was the son-in-law and welcomed the help. Based on environmental scan, I instructed him to stop trying to move her, as the EMT would arrive in two minutes (we could already hear the sirens). CERT training – Always introduce yourself and ask if they want help. I have learned that saying "CERT" does not help. People do not know what it means. Scary, but my experience has shown me many police and fire department personnel do not respond to saying "CERT" either. "Emergency Response Team" works much better.
4. **Assist as Needed** – The best way to assist in this situation was in calming those involved, preparing for the first responders, stopping further injury and redirecting traffic.

So, I come back to the question of what to write an article about. In my opinion, here is the bottom line. For some reason it seems, the more I learn CERT techniques and prepare, the more incidents I seem to be around. This does not make sense. Perhaps all this CERT training has made me more aware and more likely to engage. I used to assume "there must be someone more qualified than me to help." Now I think, "I'm going to help until someone better arrives." I suppose this is an increase in confidence.

Happy Holidays to All!

From Susan McClaran

This is a great time of the year to think about gift giving a First Aid Kit to someone or if asked what you want, you can think about items you may need for you own kit. I know.....how exciting.... right??!! With that being said, below is a nice list from our friends at the Mayo Clinic. Please keep in mind that some items may not be suitable as CERT but may be used for yourself or family.

First-aid kits: Stock supplies that can save lives

A well-stocked first-aid kit can help you respond effectively to common injuries and emergencies. Keep at least one first-aid kit in your home and one in your car. Store your kits someplace easy to get to and out of the reach of young children. Make sure children old enough to understand the purpose of the kits know where they're stored. You can buy first-aid kits at many drugstores or assemble your own. You may want to tailor your kit based on your activities and needs. A first-aid kit might include:

Basic supplies

- Adhesive tape
- Elastic wrap bandages
- Bandage strips and "butterfly" bandages in assorted sizes
- Super glue
- Rubber tourniquet or 16 French catheter
- Nonstick sterile bandages and roller gauze in assorted sizes
- Eye shield or pad
- Large triangular bandage (may be used as a sling)
- Aluminum finger splint
- Instant cold packs
- Cotton balls and cotton-tipped swabs
- Disposable nonlatex examination gloves, several pairs
- Duct tape
- Petroleum jelly or other lubricant
- Plastic bags, assorted sizes
- Safety pins in assorted sizes
- Scissors and tweezers
- Hand sanitizer
- Antibiotic ointment
- Antiseptic solution and towelettes
- Eyewash solution
- Thermometer
- Turkey baster or other bulb suction device for flushing wounds
- Sterile saline for irrigation, flushing
- Breathing barrier (surgical mask)
- Syringe, medicine cup or spoon
- First-aid manual
- Hydrogen peroxide to disinfect

Medications

- Aloe Vera gel
- Calamine lotion
- Anti-diarrhea medication
- Laxative
- Antacids
- Antihistamine, such as diphenhydramine
- Hydrocortisone cream
- Cough and cold medications
- Personal medications that don't need refrigeration
- Auto-injector of epinephrine, if prescribed by your doctor
- Pain relievers, such as acetaminophen (Tylenol, others), ibuprofen (Advil, Motrin IB, others)

Consider keeping aspirin in your first-aid kit, as well. Aspirin may be life-saving in an adult with chest pain. If you or someone else has new or unexplained chest pain or may be having a heart attack, call for emergency medical help immediately. Then chew a regular-strength aspirin. However, don't take aspirin if you are allergic to aspirin, have bleeding problems or take another blood-thinning medication, or if your doctor previously told you not to do so. Never give aspirin to children.

Emergency items

- Emergency phone numbers, including contact information for your family doctor and pediatrician, local emergency services, emergency road service providers, and the poison help line, which in the United States is 800-222-1222.
- Medical consent forms for each family member
- Medical history forms for each family member
- Small, waterproof flashlight or headlamp and extra batteries
- Waterproof matches
- Small notepad and waterproof writing instrument
- Emergency space blanket
- Cell phone with solar charger
- Sunscreen
- Insect repellent

Give your kit a checkup

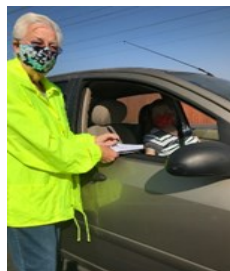
- Check your first-aid kits regularly to be sure the flashlight batteries work and to replace supplies that have expired or been used up.
- Consider taking a first-aid course through the American Red Cross. Contact your local chapter for information on classes.
- Prepare children for medical emergencies in age-appropriate ways. The American Red Cross offers a number of helpful resources, including classes designed to help children understand and use first-aid techniques.

CERT Members' Response to the Great Shakeout, Oct. 15, 2020

Del Mar Mobile Home Estates observed the CA ShakeOut on Saturday, October 17th with residents of at least 31 homes practicing "Drop, Cover, & Hold On." Twenty two CERT volunteers then did a drill to practice new Red Cross evacuation procedures.

Each resident received a flyer that explained the day's events along with a graphic of how to drop, cover, & hold on, along with options for those with mobility issues. Then ten pre-selected residents drove their cars to the park exit, pretending to evacuate. Three traffic coordinators kept drivers safe from incoming and outgoing resident traffic. Six "greeters" took contact information and provided a pretend address for evacuees to go to for the Red Cross Staging Area. They were instructed to call our four Division Directors (block captains), should they change their mind about their destination. Then the "evacuees" drove around the park and back home.

It took one minute per car, which seemed like a success. But with 142 homes, it would take two hours to evacuate everyone. So we'll be planning how to improve those times. *Ada Hand*



Rancho Del Rey Mobile Home Park The Operations Manager/Owner of the park discussed with RDR Area Leaders the park's responsibilities in the event of an emergency event, i.e. master shut off for water/gas locations and opening of emergency exits, etc. *Dave Perazzo*

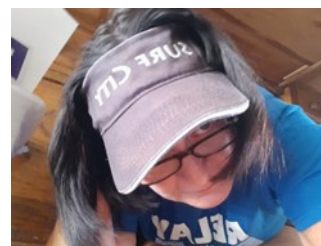
Landmark displayed "I'm OK" signs in our windows and did a Duck Cover Hold at 10:15 am. We weren't allowed to do anything else because of COVID. *Bunny Slaughter*

In one of the Earthquake Country Alliance Group zoom meetings, I planned to practice Cover, Drop, and Hold drill with all my family members around the world and submit the zoom meeting videos on or before October 15. My plan was welcomed in my group because of the pandemic situation. The Kannan family cooperated and sent the videos. When they visit California from Pennsylvania, if they encounter an earthquake, this drill will help their family in preparedness. On October 15, I stayed in my house and did the drop, cover and hold under my dining table. *Raji Shunmugavel*

Some of us from Huntington Beach Races (Bill Rose K6HMS, Greg Turlis K6GAT, Jeff Turlis KE6BNS) checked in to the Orange County Races Ham Radio net and gave simulated reports of earthquake damage in our city. *Jeff Turlis*

I walked the house and garage making sure there were no heavy items up high without restraint. *John Bishop*

I have the Berkeley My Shake app installed on my cell phone. At the appointed time, a voice came out of my phone with a clear message, "this is a test." I pretended to drop, cover, and hold for 10 seconds. *Phil Burtis*



Stephanie Deagle did drop, cover & hold under her desk!

Huntington Beach CERT Member Experiences Real Life Challenges During Blue Ridge Fire Threat

Hi, my name is Ron Catt. I am a proud Huntington Beach CERT member and reside in Brea, CA.

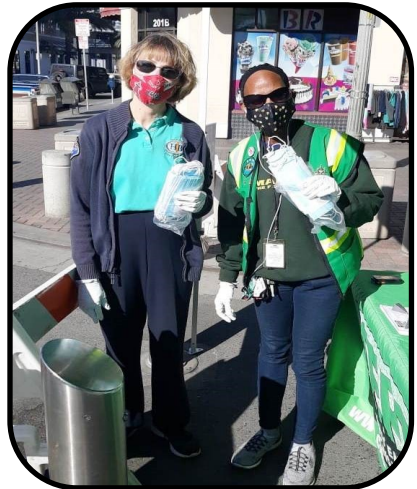
On Monday, October 26, 2020, I was working at my shop in Huntington Beach when around 10:30 AM, I learned of a fire that had started in the Yorba Linda/Chino Hills area not too far from where I live. I was concerned so I monitored the fire on the Cal Fire website hoping the fire would be quickly contained. Well, unfortunately, because of the dangerous Santa Ana wind conditions along with the higher temperatures, the fire grew and started heading towards my house. At 2:30 PM I decided to go home, only to be stopped at a Brea Police Department road block on the only road leading home. They told me the road was closed due to the fire and I would not be able to pass. I explained my wife was at home alone and I needed to get to her to help prepare to evacuate. As I could show I was a resident, he was willing to say OK and let me continue home.

When I finally arrived home, I witnessed a calm panic as many of my neighbors were loading their vehicles with possessions, family members and animals in an effort to get to safety. At that time it was a voluntary evacuation order. Merry and I used our CERT background and emergency plan to pack up her vehicle with what we believed had to be saved along with our cat, Kahi. We loaded up our go bags, photographs, computers, a couple of days' clothing and supplies for Kahi and were ready to go, if notified. We continued to monitor the news for updates and later that day heard the evacuation order was mandatory; we were so glad we had everything packed and ready to go.

We found out that around 2:30 PM Wednesday, the neighborhood was visited by about 20 fire engines with crews from many different cities and counties to make a stand and help protect us and our property. Knowing these brave firefighters were there to help protect our homes was such a relief!! In addition, thankfully around 6:00 PM the winds died down which allowed the fixed wing aircraft to come in and drop Phos-Chek between our homes and the fire which lowered the threat level and gave us some much-needed relief. The next day at 6:00 pm the mandatory evacuation order was lifted allowing everyone to return home. The following days we all made efforts to thank the firefighters for the great job they did and the bravery they showed us in the time of need.



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CITY OF HUNTINGTON BEACH CERT

Neighbors-Helping-Neighbors

MISSION STATEMENT: The mission of the Community Emergency Response Team (CERT) Program is to provide information and training on disaster preparedness; provide leadership and coordination during an emergency, and assistance to help victims recover from an emergency.

Upcoming CERT Events & Activities

To be Determined

CPR Classes

To be Determined

CERT COVID –19 NEWSLETTER REMOTE STAFF: Virginia Petrelis (Editor), Peter Petrelis (Publisher),
NORMAL CURCUMSTANCES ADDED STAFF: Richard Batistelli, Anna Pinter, Cynthia Goebel, Carol Nehls,
Rajarajeswari (Raji) Shunmugavel, Cathy Stanfill

IMPORTANT ANNOUNCEMENT!

CERT Website: www.huntingtonbeachca.gov/cert **CERT Contact:** CERT@surfcity-hb.org
CERT Message line 714-536-5974 (THIS IS A MESSAGE LINE ONLY!)